

C.L.I.F.F. PROGRAM/WABASH VALLEY CORRECTIONAL FACILITY

The Wabash Valley Correctional Facility was the second prison in Indiana to open a therapeutic community, better known as C.L.I.F.F. (Clean Lifestyle is Freedom Forever).

The goal is to develop a Meth-Free Indiana strategy for Indiana offenders. Here is a sobering figure: the number of adults in Indiana prisons for dealing or possession of meth/cocaine jumped by 34 percent from 2000 to 2004.

June 9, 2005 was the grand opening for a program dedicated to changing lives for the better. 49 offenders were enrolled. Some were minimum security, others were maximum. They all shared a common goal and purpose--to rid themselves of the scourge of methamphetamine abuse.

Treatment program hours were and continue to be long, 15 hours a day, seven days a week starting with Phase One, the **pre-treatment** portion. This is the part where offenders gain an understanding of the function and benefits crucial to the success of the therapeutic community. Active participation in all aspects of the program is mandatory. While in the C.L.I.F.F. Program, offenders learn how to gain knowledge and coping mechanisms in order to deal more effectively with the negative impact of their addiction issues. By the end of the pre-treatment phase they will have developed the motivational level needed to begin work in the next phase, **treatment**.

During the treatment phase offenders focus on how substance abuse has negatively affected their lives and those of their friends and loved ones. They identify how their thinking patterns played a part in their addiction. They also develop increased pro-social values, attitudes and thoughts and more importantly, start developing and practicing behaviors they must have for a clean lifestyle.

The final phase zeros in on **re-entry**. Participants focus on thoughts and behaviors that could result in a relapse back to substance abuse or criminal activities. They come up with their own relapse prevention plan and look into community resources they will need as they prepare to return to society.

If successful, a six month time cut awaits them. So far 617 participants have completed the course at Wabash Valley.

The program builds a foundation for success, with addict helping addict to stay on a drug free path. Through the end of May, the preliminary return rate of those who graduated from the program but subsequently returned to the Indiana Department of Correction is an encouraging 17.6 percent.

Wabash Valley is trying some new things to help improve the odds for a successful return to community. C.L.I.F.F. participants can now earn their GED and go to college, either Indiana State University, Grace College (both featuring two and four year degree programs) or Ivy Tech (offers a two year program in substance abuse). Family

members take part in a Family in Recovery class. The class focuses strongly on relapse prevention. Family support is a strong motivator for a recovering addict.

C.L.I.F.F. graduates say the unit instills a sense of community, giving them a positive environment to learn the lessons necessary to get out and stay out of the criminal justice system.

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